



## Picture-perfect trip to Bermuda

Jennifer Ormston travelled to the island of Bermuda and was wowed by the beauty of it all.

Feature 8

# Spoke

Monday, January 12, 2004

Conestoga College, Kitchener

36th Year — No. 2

## Getting in shape?

Find some tips to help you stick to your New Year's resolution.

NEWS 3

## The Return of the King

The final instalment of The Lord of the Rings trilogy is mesmerizing.

ENTERTAINMENT 13



(Photo by Mike Wilson)

Conestoga nursing students Ashley Clark, (left) and Amy Van Haren, are happy to hear of Manulife Financial's donation. The money will help to expand health-sciences labs.

## Manulife Financial donates \$500,000 to health-care programs

By MIKE WILSON

Manulife Financial is donating \$500,000 to Conestoga College over five years for health-care education. It is the largest donation ever given to the health-care area of the college.

Half the money will be spent on developing a health informatics management degree program – a baccalaureate program that is in the final stages of planning and will soon be submitted for consideration to the province's Postsecondary Education Quality Assessment Board. The field of

health informatics uses the tools, methods and potential of information technology to organize data and processes for more effective patient care and health management.

The other half will be spent maintaining, expanding and re-equipping the health-sciences labs. This simulated hospital environment, which includes five labs plus an operating room setting, must approximate actual conditions found in health-care agencies, including a full array of up-to-date equipment.

Mary Gatschene, a nursing teacher at Conestoga, said the labs

at the college are better-equipped than those at McMaster.

"The labs are in really good condition," she said. "There are 44 hospital beds we use to simulate a hospital setting."

Manulife officials said they want to make the equipment in the school's five labs and simulated operating room more like what students will find in the industry.

Gatschene said they are already making a list of new equipment they want to buy. Included in that list are new mannequins for the students to practise on that cost \$3,000 to \$5,000.

## CSI gets a helping hand

By RYAN CONNELL

Conestoga Students Inc. (CSI) is getting a helping hand from students to boost the student union's popularity.

Eight first-year advertising students will be creating marketing plans that CSI will implement if they like their ideas.

Deborah Reyner, co-ordinator of the advertising and public relations programs, thinks this is what CSI needs to get an extra boost.

"(The assignment) is to generate awareness among my students, but also to generate more awareness for services on campus," Reyner said. "It's a win-win situation. We're learning but we're also doing some good for the different campus services."

The class of 32 students is being split into groups of four. Four students will be in charge of creating a marketing and advertising plan that will promote the services that CSI offers. Other groups will be in charge of creating a marketing strategy for CSI events, the recreation centre, Student Services, and Conestoga College's radio station CJIQ.

The marketing plans that the students create include an evaluation of trends, target market analysis, customer analysis, and a competitive analysis. The first-year students will also be examining the student unions at other colleges and universities that are similar to Conestoga College's culture.

Changes that the advertising students want to make include designing a more attractive CSI logo and working to have CSI advertise their events differently or more timely.

CSI president Justin Falconer said it's great that the advertising students are willing to help pro-

mote the student union.

He added that students themselves should be the best at targeting ads to other students.

Falconer has provided the students with demographics from the registrar's office about all of the students on campus, including percentages of male-female students and students over the age of 19.

He hopes that the advertising students' ideas will assist in creating more participation to the regularly low-attended CSI events.

"I don't want to get negative but it seems like everybody knows when something doesn't go right. I think activities are a prime example of everyone knowing what doesn't work but nobody knowing what's going to work," Falconer said.

The same assignment has been given to advertising students in the past, except they had to promote businesses in the region instead of the assignment being college-based. Last year's advertising students created marketing strategies for companies such as Canadian Dux Limited, and Action Health and Safety Training.

Reyner reviews the marketing plans that the students create and gives ideas and suggestions on how to improve their strategies. Students will be presenting their marketing plans to CSI and the other departments on campus the last week in January. In preparation, advertising students take a presentation skills course.

"They (campus services) can take little pieces of the marketing strategies and they can learn from it," Reyner said. "Whatever they want to use from it, they will."

The advertising assignment is worth 30 per cent of the students' marks.

## New fibre optic security system being installed

By DARREN SMITH

The Doon campus of Conestoga College will be installing a fibre optic alarm system to help combat theft.

Items at higher risk of being stolen from the campus include portable journalism and broadcast equipment. Both programs have had numerous thefts, including cameras valued around \$6,000, and a mixing board and microphone costing approximately \$4,000.

In July five mini DV camcorders were stolen from a broadcasting office. Located behind two locked

doors, two of the cameras, which were attached to editing desks by steel cables, were snipped free while the other three were taken from boxes.

The new system uses fibre optics and aircraft cable to secure items. Certain equipment will also be placed inside metal cages. If there's a break in the contact an audible and silent alarm will be triggered.

Other rooms throughout the college and places with data may also have the fibre optic system installed said Al Hunter, chief of Conestoga security.

"One of the last things we want,"

said Hunter, "is not being able to provide the services to the students."

He said the new system should be installed early in the new year.

This new type of security will provide a layered approach, meaning several measures are in place to offer protection. These include cameras, alarms, increased patrols and awareness.

The college has recognized the need for increased security since technology has changed. Up until the later part of 2001 the college didn't have a lot of portable electronic equipment.

Security recommendations did come forward but with this came additional cost associated with increased security.

"Unfortunately, we have suffered a number of losses," said Hunter, "and the college recognizes this and is moving forward."

He is hoping to have this system tied in with the existing video security throughout the campus.

Extra money from the college women's safety grant is being considered for cameras. The women's safety grant is a provincial grant available to colleges and universities providing different amounts

every year. Conestoga has used these funds for the closed-circuit cameras, mirrors in the hallways, emergency telephones, and improved lighting. The grant also provides funds for brochures and training for staff and students relating to women's issues.

Hunter said the cameras would be first placed in areas for personal safety and in places where they can be best utilized.

"There is no simple fix," he said.

Hunter admits additional security measures are overdue. He said the past can't be changed but steps can be taken to change the future.





### Unloading a load

Two students move back into residence after the winter break. Students were officially allowed to move back in on Jan. 3.

(Photo by Jen Howden)

# Ontarians will see faster bus service

By REBECCA LEARN

For students without cars there is good news.

Taking the bus could get faster thanks to a new law being passed in Ontario.

It's called the yield to bus law and it requires drivers to yield to buses coming out of bus bays.

"This will reduce travel times for transit users, and make transit more efficient, reliable, and help get more people out of their cars and into public transit," said Transportation Minister Harinder Takhar in a news release from the Ontario Ministry of Transportation, Jan. 2.

"The yield to bus law will help improve transit service reliability

and transit flow," said Takhar.

Drivers charged under this law can be fined between \$60 and \$500.

Police are working to create a set fine, though, like other traffic tickets.

Once a set fine is established, offenders can settle out of court.

Yield to bus decals will be put on the back of all transit buses throughout Ontario.

"The yield to bus law will encourage more people to use public transit, because buses will be able to move into traffic quickly and efficiently, so everyone gets where they are going on time," said Michael Roschlau, president of the Canadian Urban Transit Association, in the release.

# Finding your true love in only minutes

By JENNIFER HOWDEN

Move over Internet dating, there's a new way for single people to meet the love of their life.

It's called speed dating and its growing popularity is helping people across the country meet their match.

The concept is quite simple. You and about 20 other singles meet at a local bar.

Once the evening begins you get the chance to talk to each person for only five minutes. If you feel a connection with a person, you tick them off your personal score card.

If that person has also checked you off, the dating company will notify both of you within 48 hours. It is then up to the two people to

arrange further dates.

This new way of dating is targeted towards all ages. People as young as 20 and as old as 65 have participated in one of the many events.

SimpleDate, a Toronto-based speed dating company, tailors its events to different types of people.

They organize cougar nights where older women get the chance to meet younger men, senior nights for the 60 and over crowd, homosexual nights.

And, of course, fetish nights for those people who are looking for something a little different. There are even couple nights for couples who are looking to join another couple.

The cost of speed dating ranges

from \$20 to \$50, depending on the company.

Montreal's McGill University has even started its own speed dating service for students who don't have time finding a match between classes, homework and part-time jobs.

**"It just helps you get over some of the first date awkwardness."**

*Jessica Peddle*

Despite its growing popularity, some people may be skeptical about finding their one and only in

just five minutes.

Jennifer Ego, event co-ordinator for SimpleDate, said speed dating is an effective way to find your match.

"Most people know right away whether or not they like a person and whether they'd want to date them," she told Sun Media.

"And this way no one wastes their time on bad or unsuitable dates."

Vlad Blastman, 39, said he has tried speed dating and he enjoyed it even though he didn't find a match.

"I had a good time. Even though I didn't make a solid connection I'm willing to give it another try," he said.

Jessica Peddle, 26, who just recently had her first speed dating experience, said she had a good

time and that she would recommend it.

"I think it's great because there are a lot of shy people out there who are looking to make a connection and speed dating will help them get over their initial shyness," she said.

"It just helps you get over some of the first-date awkwardness."

Nicola Teshner, 23, says although she enjoyed her speed dating experience she had a hard time believing she would really find Mr. Right.

"It's all about the fun experience," she said.

"I don't honestly think I will find the love of my life at one of the events. But I guess you never know."

# Fun e-games can kill time

By JEFF HEUCHERT

No matter what program you're in, most students enjoy one common activity, games on the Internet.

These aren't in-depth games that take forever to play, but just small simple games you can play to kill some time, although it does seem most of these games are played in class, where students shouldn't be killing time.

First-year electronics engineering technician student Dan Kosecki and first-year electrical engineering technology student James Mosher both admit to purposely sitting in spots where the teacher cannot see their monitors, so they can play these games.

Kosecki says he plays games when he's bored in class, even though he knows he'll get kicked out if caught.

Some of his favourite gaming

websites are Underground games.com, Coffeebreakarcade.com and Candystand.com.

He enjoys shooting games such as Paintball Scramble and Billiards, both at Coffeebreakarcade.com.

**"These aren't in-depth games that take forever to play, but just small simple games you can play just to kill some time."**

Similar to coffee break arcade, most websites offer a wide selection of quick easy games in a range of categories such as sports, driving, shooting and flying. There's something for everybody, as some sites also feature trivia and puzzle games.

Mosher says he plays games

when he's finished his work and has nothing better to do.

He says his teachers don't have a problem with it as long as they're not played during a lecture.

Mosher's favourite site is newgrounds.com, where he likes to play shooting games such as Alien Hominid, where you're an alien attacking humans.

Other popular gaming websites among Conestoga students are addictinggames.com, which features more than 300 games, Nickelodeon Games, and uproar.com, where you can play versions of classic game shows such as Family Feud, Password, Match Game, among many others.

For anyone who thinks they're too old or cool to play these games, just give one of these sites a try. I promise you, it won't be your last.



(Photo by Jeff Heuchert)

First-year electronics engineering technician student Dan Kosecki plays a game of Area Flat 3. The game, which is available from Coffeebreakarcade.com, is one of Kosecki's favourites.



# A step in the right direction

*It's worth the money to buy a good pair of runners*

By JAMES CLARK

Were you one of the millions of people that made the resolution to exercise more in the new year? If so, running can be a rewarding way to do so.

If you decide running is for you it is important to go out and buy shoes that match your body and running type. This might not sound like a very difficult task compared to actually getting up and running, but there are many things to consider when purchasing shoes.

Before Sean Combs, also known as P. Diddy, ran the New York Marathon, scientists from Nike analysed how he ran so they could fit him with the proper shoe.

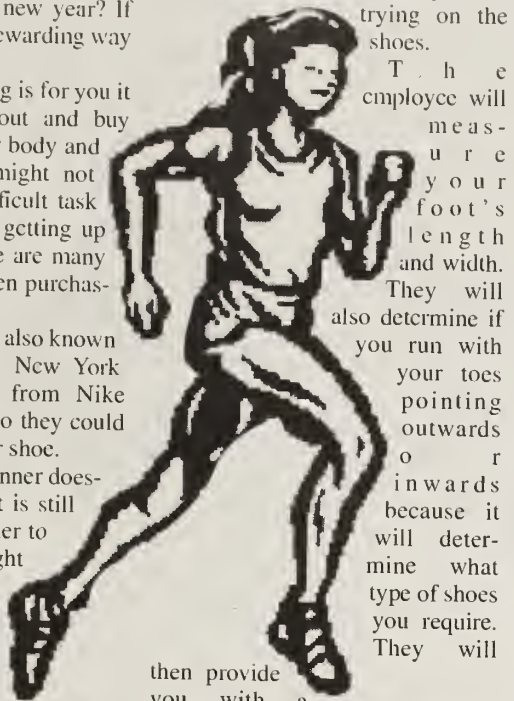
While the average runner doesn't have this option, it is still important for him or her to buy the shoe that is right for them.

This involves going to a store that specializes in selling running shoes and apparel.

Don't be intimidated by these stores because they are filled with lean, seasoned runners. Remember runners come in all shapes and sizes.

When you go to the shoe store bring the socks that you will be

wearing when you go for your runs. If you don't own any running socks you can buy some at the store and use them when you are trying on the shoes.



then provide you with a selection of shoes that will maximize your performance and comfort.

Don't let the salesperson pressure you into buying a pair of shoes that feel uncomfortable—only you know what feels right

on your feet.

The salesperson will also ask you where you will do most of your running.

Running on a treadmill is popular because it allows the runner to stay in the house and avoid nasty weather.

Treadmills are also easier on a person's joints. Pavement and concrete are hard on a person's body no matter what shoes they are wearing.

Trail running has also become a popular option over the last few years. It allows the runner to escape the noise and unpleasant odours of the city.

If you plan to run on trails it is advised to buy trail running shoes. These shoes offer more stability to limit the possibility of a twisted ankle. They also have a more defined tread that allows for better traction.

Just remember, if you buy a pair of shoes that do not fit properly you will be less inclined to go out and use them. It is worth spending a little more time and money to get a pair of shoes that fit properly.

The time and money invested will reduce the chance of injury and give you that extra push to go out and fulfill your New Year's resolution.



(Photo by Carla Kowalyk)

## Fighting the fierce frozen temperatures

Second-year pre-service firefighting student Karl Stickney struggles with his gear as he makes his way to class. The heavy gear is an everyday fight for the students and the bitter cold doesn't help.

## Work out and get in shape for 2004

By DAWN HASSON

Not everyone in Canada has the motivation to exercise.

A study from 1985 to 2001 found that obesity among Canadians more than doubled. For women, the rate increased to 14 per cent from seven per cent. The rate for men increased to 16 per cent from six per cent.

Local fitness clubs have a large number of people working out in the new year, but the problem is, they don't stay for long.

"January's a good month for us," said Jennifer Thur, the general manager of the Goodlife fitness club in Cambridge.

About 50 per cent of the people who go to the Goodlife Fitness Club in Kitchener stop going throughout the first six weeks of the new year.

"It usually takes about 21 days to make it a habit," said Thur. "It's great for people to be more consistent."

Trying to get in shape too quickly at the beginning of the year without following through on it is very common for fitness club members.

"People should plan small goals and take small steps," said Gloria Caperchione, one of the elite trainers at Goodlife in Kitchener. "A lot of people will try to get in shape by going six times a week. They should try not to overdo it."

Caperchione's advice is to take it one week and one goal at a time.

"Focus on smaller goals rather than the whole picture," said Caperchione.

Thur said taking small steps can

involve something as simple as parking your car far away so you have to walk a farther distance, or choosing to take the stairs rather than an elevator.

Anyone can exercise at home, but in most cases, a gym will provide a person with more motivation. More resources are available, and



(Photo by Dawn Hasson)

Conestoga student Nathan Sapetak, 20, works out at the recreation centre to stay fit.

the wide range of equipment allows a person to advance further in personal fitness.

Many gyms, like Goodlife and the YMCA, have a personal trainer available.

"A personal trainer will help you to stay on track," said Thur.

Goodlife Fitness will also give motivational calls to its members.

"We stay in touch and keep track of everybody," said Thur.

Monique Yuhasz, an adult fitness co-ordinator at the Kitchener YMCA, encourages people to get

in shape at a gym.

"It is a personal preference whether you go to the gym or stay at home," said Yuhasz. "Some do have the willpower to push a little more (at home), but not many."

Yuhasz said exercising gives you energy and allows you to maintain a good balance, particularly in your eating habits.

Your body requires a certain amount of energy from carbohydrates, protein and fats to function properly every day.

"If you've just worked out, you're less likely to go home and eat junk foods," said Yuhasz.

Keeping in shape reduces stress levels, enhances your quality of life, relaxes you and allows you to sleep better, and it prevents illness.

Too much cholesterol can clog your arteries, which interrupt your blood flow. This can cause life-threatening damage to your cardiovascular system.

"Working out gets your blood flowing," said Yuhasz.

Your entire cardiovascular system benefits with regular exercise because it lowers your blood pressure. The levels of high-density lipoprotein (HDL) cholesterol are increased while the low-density lipoprotein (LDL) is decreased. This is beneficial because LDL is the bad cholesterol concentration in your blood. Finally, exercise strengthens your heart so it can pump blood more efficiently, bringing oxygen and nutrients to the rest of your body. As a result of this, you will generally feel more refreshed and energetic after exercise.

## Fast Food Nation: a country dependent on super-sized combos

*Graphic book will turn most off burgers and fries*

By KRISTEN MCMURPHY

To many people, a new year means setting goals. If you've vowed to eat healthier this year, your inspiration may be found within the pages of a book.

Fast Food Nation, a recent New York Times best seller written by Eric Schlosser, tells the cold, hard facts about the fast food industry.

It might just be the very tool to turn your appetite away from the McDonald's menu.

"Fast Food Nation: enough to make a vegetarian out of Arnold Schwarzenegger," claims the Seattle Weekly in a review on the book.

Schlosser, a correspondent for The Atlantic Monthly, wrote the book after doing extensive research on the subject.

His final result: a story that opens the eyes of a nation dependent on French fries and super-sized combos.

Schlosser spent years interviewing people and travelling, trying to figure out how the world came to rely on fast food.

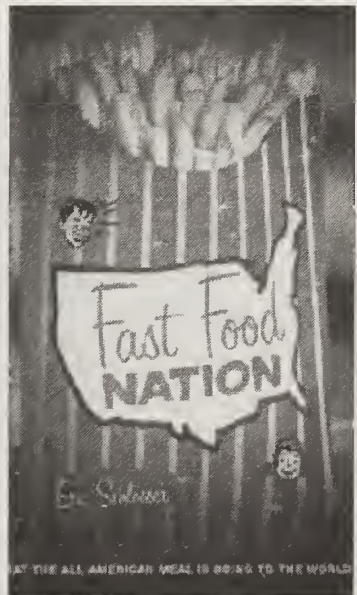
The book outlines the history of the fast food industry, tracing it back to the mid-1900s, when drive-in restaurants began to appear all over North America.

Fast Food Nation takes a graphic turn when Schlosser covers topics like slaughterhouse procedures and other little-known facts that fast food restaurants attempt to keep hidden.

With enough detail to churn an empty stomach, it's a book that will shock readers and probably change a lot of lives.

If the book doesn't deter the reader's consumption of fast food meals, it will at least shine some light onto issues that may have gone unnoticed before Schlosser's research.

The book can be purchased at most major bookstores, and can also be found at local libraries.



(Internet photo)

Although the book was released in early 2001, the context seems to be more appropriate now than ever.



## Majority of Canadians expect a better 2004

Only two weeks into 2004 and 60 per cent of Canadians already predict this year will be better than last. But what they need to realize is it's not going to happen on its own.

Of the 1,504 Canadians surveyed in a Leger Marketing poll, 61 per cent of Ontarians were optimistic about the new year according to the release in the Toronto Star Jan. 4.

Worldwide, Hong Kong and Kosovo led the way with 76 per cent of those polled in each country saying they believed things would improve.

It's easy to see why people would assume 2004 would outshine 2003.

The December capture of Iraqi leader Saddam Hussein, which ended an intense search in the Middle East, was a relief to many citizens.

But we can't run around with the innocence of a child thinking the world is at ease now with Hussein in chains.

Just minutes after crowds of happy-go-lucky people shouted happy new year, the first shooting of 2004 in Toronto sounded volumes over the noisemakers and yelling partygoers.

And jarring headlines continued ringing in the new year on Jan. 1; Police suspect double homicide in Windsor, Eight die in New Year's Eve blast at Baghdad restaurant and Minibus crashes in Africa; nine people killed.

In the days to follow, 148 people died in the Red Sea jet crash, while SARS bared its ugly head again in China Jan. 5. Canada and the United States also continue to battle over beef.

Just as it would be too optimistic to look at only the good, it is also pessimistic to look solely at the bad.

So far 2004 has seen a NASA rover land on Mars, the dollar rise and improved relations between India and Pakistan after years of animosity.

But can the world change in a single night and with the hanging of a new calendar?

No.

It is the responsibility of each individual to make this year a better year. Everyone should try to make a difference, including the 60 per cent foreseeing a better year compared to the one gone by, the 18 per cent who said there would be no difference, the 13 per cent predicting a turn for the worse and the 65,000 other people from 60 countries involved in the survey.

Whether it's sending a few dollars to help an AIDS victim in Africa, writing a letter to parliament about something you stand for or simply by praying — do it because the world is not getting any easier to tackle.



"2003 in a nutshell..."

## Higher hopes for 2004

Another year over, and a new one's just begun. Now is my chance to start anew.

I've thrown out the old calendar and hung up my newest pictures of Britney Spears, but more importantly, I've decided to change my outlook on life.

I'm not one to make resolutions because I never keep them. This year I'm hoping to stop worrying about eating junk food, exercising or biting my nails.

I want to make 2004 the year that truly means something in the overall picture of my life. I'm finishing my three-year run at Conestoga College so it's time to grow up.

With the state of the world being so dishevelled it's difficult to think life could be a basket of peaches. War has become a common solution to any problem, children are no longer safe in their own homes and the only way to make a name for yourself is to become a pop idol.



Blake Gall

*Opinion*

It scares me to think the world has forgotten the important parts of life. Whatever happened to loving your neighbours, spending time with your family and talking your way through a problem?

I'm a firm believer that one person can make a difference so here is my attempt to do so.

This year I want to focus on the small things that bring us pleasure. Send someone a smile for no reason, admire nature and tell mom you love her. If everyone tried these three simple things maybe we could forget our fears and realize happiness is attainable.

As a school I think we all need to get more involved in school functions and make our presence at Conestoga known. Get out there, talk to people, start a club that interests you; anything to make yourself and someone else happy.

It all seems so easy when you read it, but will any of you do it? I don't know the answer to that question, but I can only hope.

I'll probably still try to eat healthier for the next couple of weeks, but then I'll return to my fast-food binges. I haven't bitten any of my nails today, but it's only 11 a.m.

However, I'll make sure I pass my smile along, call my parents to remind them how grateful I am to have them and throw a snowball on my way out of school.

The simple things are the easiest to do on a daily basis, but also the easiest to forget. Just don't forget them, it means a lot more than you could ever imagine.



### Letters are welcome

**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

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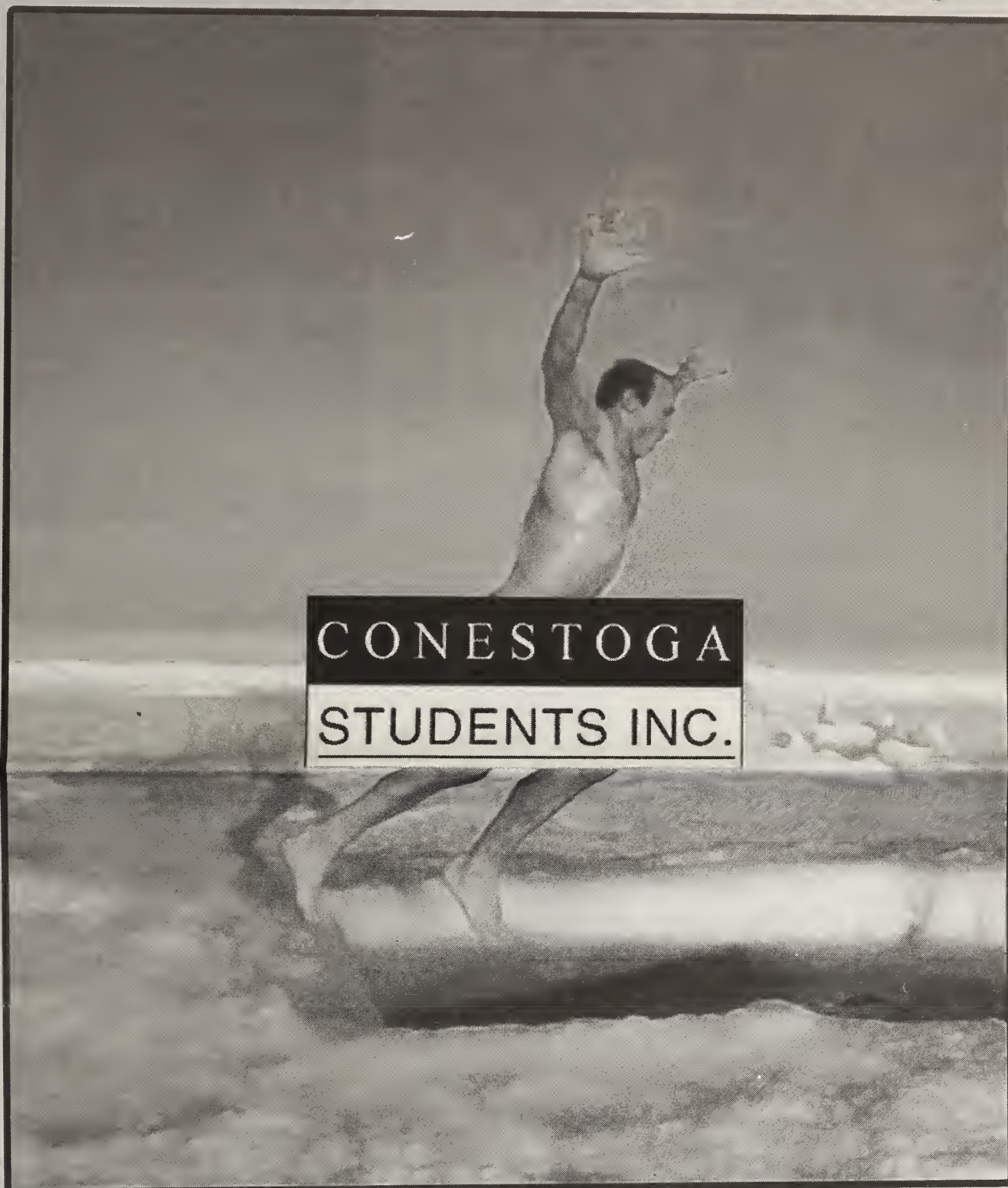
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it's back...



# The Polar Plunge

Take a dive for charity

February 5th

See CSI office for details



# Sock monkey anyone?

By TIM MURPHY

A popular stuffed animal for many children, the sock monkey is more than that to some adults.

With a fancy blend of creativity, paranoia, and silliness, sock-monkey.com serves as "a fully congruent incubation station for thoughts and images relating to the exceptional pronouncements of the unpronounceable."

The creator of the website, who remains anonymous, is a fan of sock monkeys, and has some fanciful reasons for their existence.

The author claims sock monkeys and humans have lived together for an estimated 20,000 years. This relationship began with the monkey's favourite food, lint, which was produced in the prehistoric dryers of humans.

The website says, "Lured by the lint, hungry sock monkeys began to wander into laundry rooms. Humans did not like lint, so they encouraged the monkeys to stay. Slowly, over thousands of years, they adapted to living in our homes."

"The monkeys have lost their ability to hunt and can no longer

live in the wild. Their ferocious lint grabbing claws have now atrophied into plush little stumps. In fact, today's sock monkeys rarely even move."

There are more than website fans of the sock monkey to be found in the world however, including Nate, a 15-year-old sock monkey owned by Marcia and Wendi of Minneapolis. He was purchased in a garage sale in Davenport, Iowa.

Since Nate was purchased, he has travelled with his owners to numerous countries, including Switzerland, England, Hong Kong, and a villa in Tuscany. He has also visited an I Love Lucy festival in Jamestown, N.Y.

There are a few websites that offer to create your very own sock monkey (www.sockit2me.com offers many designs, including doctor monkey, sailor monkey and military monkey), but for the do-it-yourselfer, try this simple technique offered by <http://lennytaylor.freeyellow.com/Monkey.html>.

All it takes is one red heel work sock, stuffing and red knitting yarn.

Turn the sock inside out and sew a seam a half inch on both sides of

the sock, starting three inches from the white toe and across the end of the top. Cut the sock between the seams and to within 1-1/2 inches of the white heel. This leaves an opening in the crotch.

Then turn the sock so the seams are on the inside and use the crotch opening to stuff the head, body and legs.

To create the arms cut the upper part of the sock into two pieces. Create a seam, rounding the ends and stuff some filling into the arms.

To make the mouth, cut the heel from the sock, leaving a brown edge around the white. Fasten on lower part of the face, stitching around the bottom; stuff and finish sewing around the top. The mouth can be improved by a running stitch of either black or white across the middle of the lips.

For the tail, cut a one-inch strip, seam and stuff. Cut the ears from the remaining brown part of the sole of the sock. Eyes can be created by using buttons, or coloured cloth.

And there you have it, a sock monkey of your own.



(Photo by Tim Murphy)

"Socks," a sock monkey, is a good example of the little laundry room lint destroyers who have roamed the earth for an estimated 20,000 years.

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AND TAKE PART IN A HEALTHY LIFESTYLE**

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## Varsity Sports

Your upcoming varsity games

**Mens Varsity Hockey Home Game**  
January 14th Vs Seneca at 7:30pm  
Come out and support your team!

**Men's Hockey**  
Jan 17 Vs Cambrian  
\* Jan 21 Vs Humber  
Jan 29 Vs Fleming  
\* Home Games

**Public Skating**  
Tuesday 11am - 1pm  
Sunday 2pm - 3pm

**Shinny Hockey**  
Mon, Wed, Thurs, Fri  
11am - 1pm

## Intramural Sports

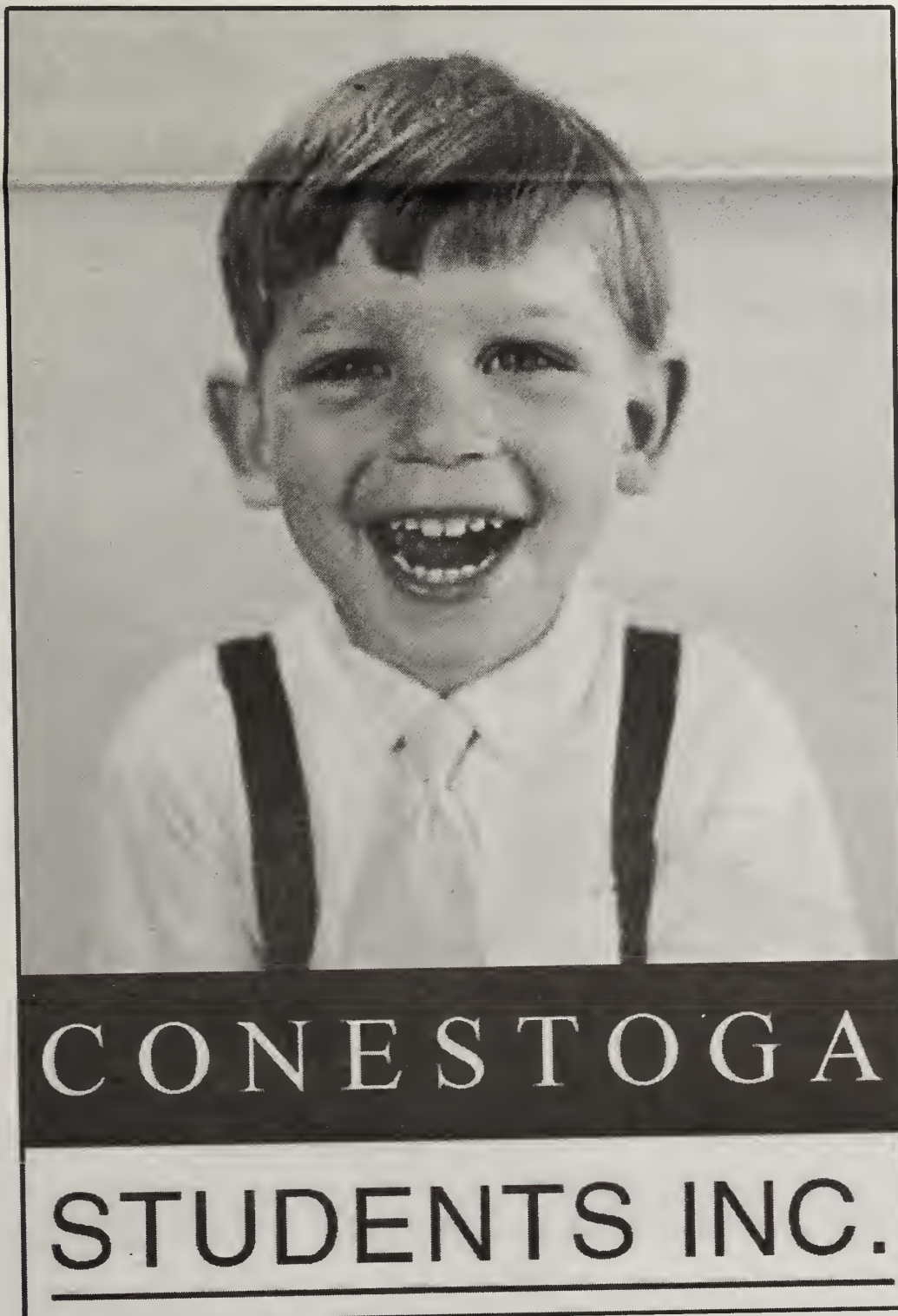
Signup your team for the intramural sport of your choice at the front desk of the recreation center. Individual players can also signup at the front desk. Signups will run January 5th to the 14th

**Here are the following sports:**  
Co-ed Indoor Soccer  
Co-ed Volleyball  
3 on 3 Ball Hockey  
Non-Contact Hockey



Conestoga Students Incorporated would like to thank all the people involved with the Christmas Wish Tree.

With your generous support the CSI has provided over 40 gifts for children throughout the Holiday Season.





# A picture-perfect trip to Bermuda

## The small island offers a warm retreat for students

By JENNIFER ORMSTON

With the Christmas holidays behind us, it is time to start planning our next break from school: study week.

Bermuda is a destination Conestoga College students should consider this winter.

Don't let the fact the island is only 34 kilometres long deter you from visiting; this British colony has much to offer.

From the moment a visitor to Bermuda sets foot on the island, they will realize Bermudian culture is much different from what they're used to. For starters, every passenger who arrives at the island's airport is greeted by a three-piece band, a sight unlikely to be seen at Toronto's Pearson International Airport.

Although the island is not in the Caribbean, its tropical nature can fool you into believing you are in the heart of the West Indies.

The British influence on the island also becomes quickly apparent. For instance, portraits of Queen Elizabeth adorn the airport walls and if you want to make a phone call you do so from the same red phone booths found all over England.

Although the island is not in the Caribbean, its tropical nature can fool you into believing you are in the heart of the West Indies. However, Bermuda is only 920 kilometres off the coast

of North Carolina.

The island is really what you make it. So if you are looking to spend your days relaxing beneath swaying palm trees, or if you want to see and do as much as you can, Bermuda is a destination where either is possible.

One of the initial things first-time visitors to the island will notice is its quaintness. The houses are typically small and pastel coloured; for instance, while journeying down one of the narrow roads it is likely you will pass at least one pale pink, baby blue and yellow house. You can also expect to see farm animals, like cows, geese and roosters roaming around the front yards of these homes.

Many serious travellers will tell you Bermuda is famous for its pink beaches.

As you drive around the small island you will come upon several gorgeous beaches, many that are open to the public. Try to find one that is secluded and relax beside the turquoise-coloured water.

Snorkeling and scuba diving are popular pastimes for action-seeking tourists.

Shipwrecks, coral reefs and water clarity for dozens of metres make the ocean around the island ideal for exploring.

For more information on the reefs and shipwrecks of Bermuda, go to <http://www.hartleybermuda.com/reefs.htm>.

Other water sports, like kayaking, parasailing, boating and water-skiing are exciting ways to pass time on this luscious island.

For those who prefer land sports to water activities, golf, tennis and hiking are just a few of the options available.

Although Bermuda is a small island, it houses many golf courses with several open to the public; some hotels have their own courses guests can play. Avid golfers look-



(Photo by Jennifer Ormston)

Bermuda feels like a tropical paradise even though it is not in the Caribbean. Palm trees can be found everywhere on the island.

ing for a tee-off time should call 1-800-BERMUDA.

For the most part, shopping would not attract Conestoga College students to Bermuda.

To sum up shopping in Bermuda is simple: it's expensive. Hamilton, the island's capital, is lined with little old-fashioned shops. Inside you'll find a variety of locally crafted items, including crystal and china. There are also many clothing stores, but once again, the prices are generally high. However, every

visitor to Hamilton should make a quick stop at Trimingham's, a famous department store on the main street. As one taxi driver said, "Bermuda is really synonymous with Trimingham's, like London is with Harrods."

Finally, Bermuda's nightlife has an emphasis on music. Many of the European-influenced bars and nightclubs provide live musical entertainment.

In downtown Hamilton there is something for everyone, with choices ranging from jazz and

karaoke bars, to pubs and martini lounges.

Bermuda's British roots are evident by the themes of some of the island's hot spots, including Henry VIII, a popular 30-year-old fine-dining restaurant. Here patrons enjoy traditional English dishes and lively entertainment.

Bermuda is rich in culture and history. British castaways settled the island in the early 17th century after their boat sank off the island's coast; however, the Spanish had discovered Bermuda a century earlier and nicknamed it the "Isles of the Devil."

In later years, the coast off the "Isles of the Devil" has come to be known as the Bermuda Triangle. The legends surrounding the triangle, which also borders Puerto Rico and Fort Lauderdale, have tried to provide insight to more than 200 strange occurrences in the area, such as missing planes and ships.

Like all myths, the stories of bizarre happenings in the Bermuda Triangle are not based on fact; most of the alleged occurrences either took place outside the borders of the triangle or have reasonable explanations.

Bermudians were active in both world wars. In the Second World War, many took part in a British initiative to intercept messages right on the island.

History buffs interested in learning more about the island's naval involvement in various military engagements since the 1800s should visit the Bermuda Maritime Museum.

For more information on planning your Bermuda vacation, go to [www.bermuda.com](http://www.bermuda.com) or [www.bermudatourism.com](http://www.bermudatourism.com).



(Photo by Jennifer Ormston)

Front Street is the main street in Hamilton, the capital of Bermuda. The world-famous Trimingham's store is on this road. Trimingham's was established in 1842 and showcases fine merchandise from around the world, including men's and women's fashions, cosmetics and fragrances.



# It's all in the hips, it's all in the hips

*Conestoga College livens up campus life with a little belly dancing*

By DESIREE FINHERT

The ancient art of belly dancing is coming to Conestoga College's continuing education program.

Instructor Jennifer Smith, 43, better known as Jannah, the oriental dancer, will be teaching the eight-week course starting Feb. 5. Smith said the course is a good starting point for anyone who is thinking "let's just see what it's like."

**"It's a hobby for me and I don't anticipate making an income."**

*Jennifer Smith,  
belly dance instructor*

"I'm not going to make them a superstar," said Smith, who was a competitive highland dancer as a child. "We're just doing it for fun. This is our time away from everybody. This is time for ourselves."

Smith said she started belly dancing five years ago because she was looking for a challenging exercise that did not involve going to the gym.

"It's a hobby for me and I don't anticipate making an income."

The name Jannah was given to Smith by a Lebanese instructor in Toronto.

"He must have thought I was the cat's meow, because Jannah in Arabic means Heaven and paradise," said Smith, who studied oriental dance at the Arabesque studio in Guelph and Freddy's Dance Academy in Toronto.

She says belly dancing can be frustrating for women who have never danced before, but that everything comes with practice. Participants will learn good posture and breathing. They will also be instructed on veil techniques, drum solo rhythms, how to walk with finger cymbals and a brief history of the feminine dance.

Smith said becoming an instructor at the college was kind of a fluke. She was looking for a new belly dancing instructor and inquired at the college. After talking with Conestoga College's continuing education administrator Gillian Oldfeild she was offered the position.

"It's good to go with different instructors," said Smith. "Then you develop your own style because you take something from each."

Even Smith has an instructor, Hiba Al Kinani, who teaches oriental dance in Guelph.

Smith says she is more of the future of belly dancing and Al Kinani is more of the foundation.

Al Kinani says this is a dance for women, by women and was originally a birthing ritual.

"Women would gather around someone giving birth and they would mimic the movements that she's making with her hips and suggest movements for her to do

with her pelvis," said Al Kinani. "It helps with the child birthing process. This ritual is still going on today."

Belly dancing, oriental dance or Middle Eastern dance is practised in Egypt, Greece, Turkey, Lebanon, Serbia, Iraq, Arabia, Morocco and Tunisia. The roots of oriental dance can be found in Indian, Polynesian and African dancing.

**"We're just doing it for fun. This is our time away from everybody. This is time for ourselves."**

*Smith*

"Pretty much, anywhere that the people speak Arabic you will find belly dancing," said Al Kinani.

There are many different kinds of belly dancing, the most common being the classic style performed at all occasions including weddings and festivals.

The classical belly-dancing dress covers the mid-drift unlike the common Hollywood image of seductive women in beaded bras and belts said Al Kinani, who sells costumes, accessories, videos and music at her studio.

"Cabaret dance is the full oriental show on a big stage," she said. "Folk art style is more at home with your family and friends,



(Photo by Desiree Finherth)

Instructor Jennifer Smith, 43, also known as Jannah, demonstrates the veil techniques she will be teaching during Conestoga College's new continuing education belly dancing course.

dancing for the pure joy of it."

Beaded dresses and coin-tipped scarves are delivered to Al Kinani from Egypt and Turkey.

"Coin-tipped scarves are usually chiffon and have coins crocheted into them," she said.

"That way the dancers can see and hear what they're doing. It's very helpful for students and esthetically pleasing to anyone who is performing."

**"Pretty much anywhere that the people speak Arabic you will find belly dancing."**

*Hiba Al Kinani,  
Oriental dance instructor*

Students enrolled in the course should wear light, comfortable and flexible clothing and are welcome to bring a long scarf or veil to class, although Smith said she has more than a dozen to lend out.

There are many different kinds of oriental dance including sword, cane, candelabra and tea tray dancing, all of which involve balancing objects on top of the dancer's head.

Students will learn a choreographed Egyptian dance using veils.

## DID YOU KNOW?

● Belly dancing involves using the entire body, not just the belly.

● Dancers usually perform solo with gyrating hips and rolls.

● Many dancers incorporate finger cymbals to add sound to their performance.

● A good belly dancer can be judged by how well she uses her shoulders, not her belly.

[www.streetswing.com/history/z3belly.htm](http://www.streetswing.com/history/z3belly.htm)



(Photo by Desiree Finherth)



A black and white photograph showing several hands of different skin tones pointing their index fingers towards the center of the frame. The hands are positioned around the perimeter, creating a sense of collective focus or attention.

Have something to say?

we want to know

[csibod@conestogac.on.ca](mailto:csibod@conestogac.on.ca)

CONESTOGA  
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# Former plumber wins World Idol

By CARLA KOWALYK

In some parts of the world it's called Superstar, Pop Idol, or just plain Idol.

But on Dec. 25, 2003, the world knew this hit reality television show as World Idol and were able to put a face to the title.

For those who don't know, the show held a world talent contest, with the winners from 11 countries vying for the crown.

Fans called in and voted for who they wanted to win the competition. World Idol took this shocker hit reality TV show to the next level.

Idol winners from different regions of the world travelled to BBC studios in London, England, where they competed against each other for the coveted title of the World Idol, promising them instant fame and recognition.

Altogether, 11 Idols competed, representing places like South Africa, Belgium, Poland and the Pan Arabic region. But it was Kurt Nilsen, a former plumber from Norway, who took home the first

ever World Idol trophy after millions of viewers around the world called in their votes.

Nilsen, who sang a rendition of U2's Beautiful Day, was praised by most of the world judges for his voice, but they could not overlook his gap-toothed grin.

"You have the voice of an idol but you look like a hobbit," the Australian judge told him on the results show that was broadcast New Year's Day. "If this were Middle Earth Idol you'd walk it."

American Idol's Kelly Clarkson, who has had massive success with her singing career in North America, came in second place.

A lot of Idol fans thought that if Clay Aiken, who was the runner-up in this year's American Idol contest, would have been entered, he would have won the competition hands down.

Peter Evrard from Belgium slid into a surprising third-place finish with his hard-hitting grunge voice, followed closely by Heinz Winckler from South Africa.

Winckler seemed to hit it off with

the ladies in the audience, with his smooth voice and boy-band good looks.

Lindsay Jefferies, a second-year material management student, said she wanted Winckler to win from the start. "He just has that whole World Idol image going on," the 20-year-old said. "He should have won it."

Second-year marketing student Stefanie Riach disagreed.

"I wanted Kelly Clarkson (the American Idol), or Ryan Malcom, (the Canadian Idol) to win," the 20-year-old said.

"I like Kelly because she can really sing, but I was cheering for Ryan because he's our Canadian."

Malcom finished in sixth place out of the 11 contestants.

Jeffery Kuhn, 20, said he wasn't interested in watching the show despite its success because it seemed like a boring idea.

"I didn't watch American Idol, I didn't watch Canadian Idol," the second-year marketing student said. "So why would I watch World Idol?"

Karl Stickney, a first-year pre-



(Internet photo)

Kurt Nilsen, of Norway, a former plumber, took home the first ever World Idol trophy.

service firefighting student, agreed. "I just didn't have any interest in watching the show at all," the 20-

year-old said. "And it's all because of Clay Aiken. And that's all that needs to be said."

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To: [cpotvin@conestogac.on.ca](mailto:cpotvin@conestogac.on.ca)

Please indicate on the Subject Line: "Focus Groups"







# Horoscope

Week of Jan. 11 - 17



## Happy Birthday!

Learn how to appreciate life's small pleasures, for in fact, they constitute your happiness. Go and visit your parents or grandparents today; this will prove a good morale booster.



## Aries

March 21 - April 19

Beware of your extreme edginess. Refrain from stimulants of all kinds. Avoid discussions and hurtful words. If you want to take your mind off things consider making a small trip; it will bring much relief.



## Taurus

April 20 - May 20

Your aggressive behaviour will bring about a quarrel in which jealousy will mingle with self-pride. You'll brilliantly realize a plan that you have toiled over months, perhaps years.



## Gemini

May 21 - June 21

Beware of intoxications of all kinds! Be very cautious and strict in your life hygiene. More than ever you'll aim high and you'll concentrate on the achievement of your professional ambitions.



## Cancer

June 22 - July 22

Your vitality will be incredible, much better than usual; you'll naturally spend it in activities of all kinds. Be careful all the same! Exceptional amorous fervor and passion are in the stars for you!



## Leo

July 23 - August 22

You'll have the desire to make some foolish expenses in order to calm down your anguishes. For users of computers; make frequent backups so as to prevent the loss of precious data.



## Virgo

August 23 - September 22

You'll have a tendency to exaggerate the least difficulty; there'll be the need to see things with objectivity, and then you'll feel more relaxed and more efficient.



## Libra

September 23 - October 22

You'll dream of a vacation. Let your imagination wander. But don't slacken your efforts, otherwise serious troubles will befall you soon. Beware of material problems!



## Scorpio

October 23 - November 21

Keep a close watch over your words in order to avoid serious blunders toward your superiors or love mate. Certain persons in your professional circle will try to put a spoke in your wheel.



## Sagittarius

November 22 - December 21

Avoid tactlessness and blunders in your contacts with your entourage. In the face of criticisms, instead of remaining stubborn you should heed what they have to say.



## Capricorn

December 22 - January 19

Some very dear friends may deceive you; however, don't feel too much annoyed about it. Try to make allowances for human frailties or seek counsel from competent persons.



## Aquarius

January 20 - February 18

The love affairs of single people will be favoured. If they want to charm, they'll succeed perfectly. But they should see to it not to let themselves be swept away by their imagination.



## Pisces

February 19 - March 20

So long as you'll stick to your stance, nothing good will happen. You'll have difficulty finding balance between your professional and family obligations, and you'll have some feeling of guilt.



## Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks.



(Internet photo)

Britney Spears opened the 2003 MTV Video Music Awards singing Like a Virgin in a wedding dress.

# Britney weds in Las Vegas

Pop princess marries childhood friend only for a day

By RYAN CONNELL

What might take the cake as 2004's most surprising and quickest celebrity wedding already happened on the first weekend in the new year — with Britney Spears.

The 22-year-old pop princess was escorted down the aisle of a Las Vegas wedding chapel at 5:30 a.m. Jan. 3 by a Palms Casino Hotel employee. She wore torn blue jeans and a baseball cap according to [www.people.com](http://www.people.com).

"She was sober. We are not allowed by law to give a licence to anyone who is under the influence."

Joyce Singer,  
deputy marriage commissioner



(Internet photo)

Spears married childhood friend Jason Allen Alexander, 22, of Kentwood, La., the same hometown where the pop star grew up.

The wedding began as a joke between Spears and Alexander who were daring each other to get married. They proceeded to the Little White Wedding Chapel on the Las Vegas strip after visiting the Palms Casino Hotel's club, Ghostbar. The wedding chapel has become famous for many celebrity weddings such as Bruce Willis and Demi Moore.

Chapel staff told Spears and Alexander they couldn't get married without a licence, so they proceeded to the Las Vegas downtown courthouse to get one. Once returning, Spears walked down the aisle without family or friends in attendance.

Clark County Deputy Marriage Commissioner Joyce Singer told The Chicago Sun that the pop star

was not drunk when applying for the marriage licence.

"She was sober. We are not allowed by law to give a licence to anyone who is under the influence," Singer said.

The following morning, Spears thought twice about the wedding joke and contacted her lawyers to file for annulment. Annulment papers were signed and filed on Jan. 5. Spears' music label, Jive Records, released a statement saying "On Jan. 3, Britney Spears and a friend took a joke too far by getting married."

Annulment papers explained the reason for annulment saying, "Plaintiff Spears lacked understanding of her actions to the extent that she was incapable of agreeing to marriage because Plaintiff and Defendant did not know each other's likes and dislikes, each other's desires to have or not have

children and each other's desires as to state of residency."

Spears performed in a wedding dress at the MTV Music Video Awards with Madonna and Christina Aguilera in August when she kissed Madonna. Spears opened the awards show coming out of a wedding cake singing "Like A Virgin."

The New York Daily News described Spears' groom, Alexander, as a brawny, church-going, small-town boy who recently ditched his high school sweetheart. Alexander played football and baseball in high school and later on at Southwest Community College. The groom was named "Beau" of his class in high school, a title that along with "Beauty," is handed out to the best-looking students.

Alexander lives at home with his parents.



# Another painful loss for Canada

## Team Canada loses the gold to the United States

By KATE BATTLER

Two unanswered goals and a fluke bounce cost Canada the gold.

Up 3-1 going into the third, Canada looked on the verge of winning their first gold medal in seven years, but the U.S. had other ideas.

Patrick O'Sullivan and Ryan Kesler scored just over two minutes apart to tie up the game early on in the third.

Disaster struck when goalie Marc-Andre Fleury tried to clear the puck from the crease. It bounced off defenceman Braydon Coburn straight back into the net. This fluke goal was all the U.S. needed to win gold and send Canada packing.

Fleury just didn't seem to be the same goalie that backstopped the team a year ago. He was shaky off the start and just couldn't get his game under control. Canada also

made other mistakes in the third, which allowed the Americans to go on the attack.

Nigel Dawes had two goals and an assist and Anthony Stewart had a goal and two assists for Canada.

Canada had to accept silver for the third year in a row.

The road leading Team Canada to the gold-medal game looked like a pretty easy one on paper and turned out to be a pretty easy one on the ice too.

In two exhibition games leading up to the start of the tournament, Canada was dominant in defeating the other teams. They beat Sweden 3-2 on Dec. 21 and trounced Austria 6-1 on Dec. 23.

Going into the tournament Canada was considered one of four countries, including the U.S., the Czech Republic and defending champions Russia, that would be contending for this year's gold medal.

In their first game of round-robin play, the Canadians shut out host Finland 3-0 on Dec. 26. Goaltender Marc-Andre Fleury only had to stop 14 shots to earn the shutout.

In round robin format the top three teams from each group advance to the quarter-finals with the top seed from each group receiving a bye for the first round.

Group A consisted of the U.S., defending champions Russia, Slovakia, Sweden and Austria. Group B included Canada, host Finland, the Czech Republic, Switzerland and the Ukraine.

Team Canada continued their domination with near-perfect goaltending, hard-hitting forecheckers, and a smothering defence.

Playing a 1-2-2 system that was basically a trap, allowed Canada to apply pressure to the opponent's defence while still covering the neutral zone.

The Canadians manhandled the

undersized Swiss team in a 7-2 victory on Dec. 28. After giving up the first goal Canada asserted itself and was not challenged for the remainder of the game. This win also put the Canadians at the top of their group.

The highlight of the game came when 16-year-old phenom Sidney Crosby scored. With only 14 seconds left in the game

Crosby became the youngest player to ever score for a Canadian junior team at 16 years four months 24 days. Eric Lindros was the previous youngest to score in 1990 at 16 years 10 months.

Canada's third game of the tournament came against the ridiculously low-levelled Ukrainians, who Canada stomped 10-0.

Even Ukrainian coach Sergei Lubnin agreed that his team is not on the same level as teams in the A pool and the tournament should

revert from 10 teams back to eight. Ukraine and Austria where outscored a combined 67-2 in their eight games.

Canada secured a first-round bye, a trip to the semi-finals and an extra day of rest by beating the Czech Republic 5-2 on Dec. 28. This also gave Coach Mario Durocher time to scout the two possible semi-final opponents when the Czechs played Slovakia on Jan. 2.

The Czechs defeated Slovakia 4-2 in the quarter-finals to move on. Finland also defeated the Russians 4-3 to move on to a match-up against the U.S.

Canada continued its all-star showing by killing the Czech team 7-1 on Jan. 3. The U.S. defeated Finland 2-1 in the other semi-final match-up to move on to the gold-medal game.

Finland went on to beat the Czechs 2-1 to win the bronze.

# Return of the King is a box office hit

By LESLEY LEACHMAN

It's an epic ending to an epic saga.

Although it's been almost a month since it hit the theatres, audiences are still lining up to see the final installment of the Lord of the Rings trilogy. And they won't be disappointed. The Return of the King lives up to all its expectations.

The film is based on the Lord of the Rings novel written by J.R.R. Tolkien and it has been captivating viewers with its extraordinary visual effects and excellent performances since it opened in mid-December.

Director Peter Jackson opens The Return of the King with a flashback to when Gollum (Andy Serkis) first discovers the ring, giving the audience an opportunity to see how the ring's power can easily corrupt the mind.

After that the movie picks up exactly where The Two Towers left off. There is no prelude or summary of events that occurred in the first two movies. In order to really appreciate the blood, sweat and tears Jackson put into making Tolkien's tale come to life, I strongly suggest watching the first two installments before seeing The Return of the King.

In the first movie, a group of adventurers set out to destroy a ring, which was crafted by Sauron, the ruler of Mordor. The ring possesses great power and people are drawn to it. The ring brings out hatred and anger in those who desire it. The only way to destroy the ring is to burn it in the fire of Mount Doom in Mordor.

In The Two Towers, the fellowship of the ring is shattered: Sam (Sean Astin) and Frodo (Elijah Wood) are travelling on their own to the kingdom of Mordor; Merry (Dominic Monaghan) and Pippin (Billy Boyd) fight to defeat Mordor's army at Isengard, while Aragorn (Viggo Mortensen), Gimli (John Rhys-Davies) and Legolas

(Orlando Bloom) struggle to defend Helm's Deep from more of Mordor's soldiers.

In the Return of the King, the fight against Mordor continues in the land of Gondor. While they battle for the future of Middle-earth, Frodo and Sam continue their quest to destroy the ring. However, they are being guided by the deceitful Gollum who succeeds in turning Frodo against Sam. Once they journey into the heart of Mordor, Gollum convinces Frodo that Sam is after the ring. Frodo abandons Sam and Frodo and falls right into Gollum's trap.

The movie does an excellent job of bringing Tolkien's characters to life. Gollum's seedy figure, sinister eyes and creeping movements are exceptional and the Uruk-hai's (soldiers of Mordor) twisted features and rotted teeth add to their wicked character.

But what makes this film so brilliant is the solid storyline. Many films today concentrate on having remarkable effects, but put no effort into having a decent script.

The entire Lord of the Rings trilogy shines because of Tolkien's exceptional writing.

But like the other two films, The Return of the King somewhat strays from the original plot of Tolkien's novel.

One main difference in the film is that Saruman's (a corrupt wizard) fate is ignored. In the movie he is simply brushed off as having lost all his power. In the novel, however, he still possesses a great deal of strength. At the end of the book Saruman has a final confrontation with Frodo and his companions, but this is left out in the film.

Another difference lies in the relationship between Arwen (Liv Tyler) and her father, Lord Elrond (Hugo Weaving). In the novel he doesn't let go of his daughter as easily as he does in the movie. In the book, Elrond despises the fact Arwen would choose Aragorn (a

man) over her elf kin. Arwen finally has to turn her back on Elrond for good, in order to reunite with Aragorn.

Also, in the book Elrond does little to help Aragorn defeat Sauron's army. The film, however, shows

Elrond forging the Sword of Elendil to assist Aragorn in reclaiming his throne at Gondor. In Tolkien's version, the sword has already been forged and Aragorn carries it with him.

Despite the differences between

the book and the film, The Return of the King is an unforgettable masterpiece. It has been constructed in such a way that it casts a spell over the audience.

Those who brave the long lines at the theatre will be well rewarded.

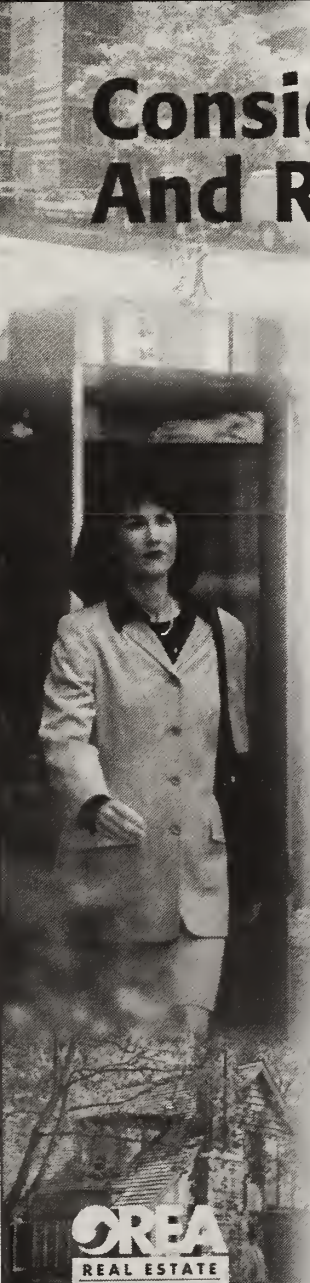
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# School and hockey nice mix

By BRYAN MARTIN

Thomas Harrison is no ordinary student at Conestoga College. He is in his first year of the police foundation program, but that is not what makes him special.

Harrison plays in the Ontario Hockey League and is a member of the Kitchener Rangers Memorial Cup champions.

He is a big guy who is six feet four inches on skates and weighs around 215 pounds. He wears number six and plays defence.

This is his third year playing for the Rangers and he said he absolutely loves it and is treated very well.

"It's great being part of this organization. We have a great fan base," he said.

Harrison, 19, is a native of Thunder Bay where he first started playing hockey. He played Triple A in the Northwestern Hockey Association for most of his childhood. Although a defenceman now, he played forward when he was a kid and remembers his one coach telling him he's big and should play defence.

"The coach told me that a boy of my size could really do some damage on defence, so that's what I decided to play."

His most memorable moment as a kid came in Mississauga when his team won the OHL Bantam Cup, and the biggest highlight in his entire life came last year in Quebec when the Kitchener Rangers took home the Memorial Cup.



(Photo by Bryan Martin)

Thomas Harrison, a member of the Kitchener Rangers and a first-year police foundations student at Conestoga, shoots on goalie Carlo DiRienzo during practice at the Kitchener Aud on Dec. 9.

"It was so exciting to actually win something that big. I was a little overwhelmed that we actually won," he said.

He'd rather remember those events than the time he scored on his own team while playing hockey in Thunder Bay.

"Sure it's embarrassing at the time, but playing defence, those sorts of things happen. I hope I don't do it again, but if I do it's not

the end of the world."

The Toronto Maple Leafs are Harrison's favourite hockey team and hopes he gets to see them win the Stanley Cup before he dies.

His favourite hockey player is Mario Lemieux who he really admires for his talent and heart towards the game. When he's done with the Rangers he'd like to either keep pursuing hockey or become a police officer.

"Those are the two things in life that really appeal to me, so that's what I'd like to do."

Harrison plans to live in Canada when he's older and could see himself raising a family in his hometown of Thunder Bay.

"I love Canada and definitely want to live here when I'm older. I also love Thunder Bay and think it would be a fantastic place to live for the rest of my life."

## World Junior tournament needs changes



James Doyle

Opinion

The annual Christmas tradition of the World Junior Championships is over. And this year's addition has left a bitter taste.

Team Canada, who breezed into the gold medal game, lost to Team USA 4-3. Canada blew a 3-1 lead in the third period and surrendered an ugly game-winning goal. The Americans were trying to spring OHL sniper Patrick O'Sullivan, and the pass was just out of his reach. Team Canada goaltender Marc-Andre Fleury attempted to clear the pass, but shot it right off his defenceman and back into his own net.

This deflated Canada, who were unable to get back into the game. The Canadians seemed content to sit back and let the USA take the play to them.

This now extends Canada's gold medal drought to seven years. But not all is lost, as Canada is the only nation to have medaled in the past five years.

But Canada's loss was not all the problems I noticed with this year's tournament. Why are teams such as Ukraine and Austria in this tournament?

The answer to this question is that these countries qualified to move up to the top division based on their performance in 2003. The problem with this is that the teams that qualified did not get to play. Team Ukraine is the perfect example. They sent a team of 19-year-olds to the 2003 tournament and earned their spot. But none of these 19-year-olds can play because the junior is a 19-under tournament. This means a younger, weaker team plays the next year.

It is time the IIHF changes the qualifying round to the summer, and let the good teams earn, and keep their spot. This would hopefully prevent teams from being outscored 43-1 in four games.

Another way to prevent blowouts and embarrassments is to change the goal differential tiebreaker rule. This would eliminate the need to run the score up on teams who can barely afford their own sticks.

Now, things are not all bad in the realm of Canadian junior hockey. These guys wore their hearts on their sleeves the entire tournament. And nearly half of Team Canada will be eligible for next year's tournament.

In watching the tournament, I also noticed how much faster the game could be played. It is time the NHL went back to the tag-up offside rule. This would take numerous needless whistles out of the game. And while we are at it, the NHL should take the redline out of the game. The extra element this brings would help to increase offence in a defensive, boring product.

## COUNSELLOR'S CORNER: Coming Out

Everyone has a sexual orientation. We may feel attracted - emotionally and physically - to someone of the opposite sex, someone of the same sex, or to people of both sexes.

Sometimes, we may even feel as though we are a gender different from that of our birth and then feel confused about our attractions to others and our choices for a partner.

Conservative estimates suggest that one in ten people are gay, lesbian, bisexual, or transgendered. Typically, while heterosexual people participate in dating throughout adolescence, people of an alternative sexual orientation may begin to explore their sexuality only after they have left the formative years, their family, hometown, or previous personal identity.

Some people make the transition in coming out smoothly; accepting one's sexuality may feel like a period of finally "coming home." However, for others it is a task filled with pain, self-loathing and lack of support. This may be complicated by feelings contrary to messages received while growing up, one's definition of "normal," or one's religious upbringing.

Gay, lesbian, bisexual, and transgendered people need a supportive environment that nurtures positive feelings about their sexual orientation. The road to understanding, accepting, and celebrating one's sexual orientation often cannot be traveled alone. If you are confused about your sexuality, need support, or would like to know of resources available in the community, counsellors in Student Services can help.

*A message from Student Services.*



# Bills need motivation to win

By NICK HORTON

As a child, my dad pushed me hard, maybe sometimes too hard, to achieve my goals in athletics. In addition to the coaches and overzealous parents, there was my dad at the dinner table, on my back, never giving up. I never became a professional athlete or signed a shoe contract, but I learned how to win.

Throughout the 16-game NFL regular season, the Buffalo Bills played uninspired ball and came up far short of making the playoffs. A confident defence complemented by a talented yet underachieving offence will not win you championships.

Yes, there is a problem here. It's not that the Bills don't have enough talented players, because they have plenty. Another key wide receiver to draw the double-team off of Eric Moulds might help, but that wasn't the reason the Bills finished 6-10.

It wasn't a coincidence the Bills won opening day 31-0 over the

New England Patriots, only to lose 31-0 closing day to none other than the Patriots. It wasn't irony, it was the 13-2 Patriots giving the 6-9 Bills the proverbial finger. It was nothing more than sweet revenge.

What I like to call the "dinner table dad effect," is what the Buffalo Bills need. It is quite simple to explain because anyone who has ever had a father and a dinner table can relate to it in some capacity. The Bills need a "dinner table dad" coach. They need someone who is going to hold them accountable for their actions. The team needs a coach who wants to win so passionately, they are afraid of him. Miss a block on the first play of the game, you might as well go home. Drop a pass, get an earful. God forbid you fumble the ball or throw an interception.

If you don't think this technique will work, look at the Dallas Cowboys and coach Bill Parcells. Cowboy players have admitted to taking the long route to the bench just to avoid a confrontation with

Parcells. A year ago, the Cowboys finished 5-11; this season under Parcells they finished 10-6 with a playoff berth. But just like any dad, he has a soft side. When no one else is around, you get the unexpected vote of confidence or the congratulatory comment. It is tough love like this that demands results and respect, which is exactly what the Bills' locker room needs. The recent release of head coach Gregg Williams is evidence enough that these conditions weren't present during the season. Some names being talked about for the vacant position are Romeo Crennel, Jerry Gray, Lovie Smith and Charlie Weis.

Crennel is in his 23rd year in the NFL and has spent the last three seasons with the New England Patriots as their defensive co-ordinator. In 2002, he coached Lawyer Milloy, Ty Law and Richard Seymour, who all started in the Pro Bowl.

Gray has been the Bills' defensive co-ordinator for the past three seasons and the reason why the Bill's defence finished the season second in yards allowed. He first started coaching in 1995 at Southern Methodist University.

Smith is currently the defensive co-ordinator and assistant coach for the St. Louis Rams, but from 1996-2000 he helped develop what became the explosive Tampa Bay defence.

Weis, maybe the most sought after of the four, is the offensive co-ordinator for the New England Patriots. His resume includes two Super Bowl Championships, three conference titles and four division titles. He is respected around the league for his creative offensive style.

If the Bills are going to have any success next season, they must hire a coach who will break the mould and whose desire to win is a level above any player on the team. I say this knowing Ray Lewis isn't coming to Buffalo any time soon. A hard-nosed, in-your face, experienced coach that wins. Is that too much to ask?

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 happy new year 	2  say good bye to your holiday hangover	3
4	5 Fight your colds, take vitamin "C" 	6 CONESTOGA STUDENTS INC. CONESTOGA STUDENTS INC. CONESTOGA STUDENTS INC.	7 Comedian Ron Josol- 11:30am Sanctuary Worship Night Christian Fellowship 7pm -Sanctuary- 	8 Welcome Back Bash -Sanctuary- 9pm	9	10
11	12  me study good	13  fresh'n up	14 Psychic Dan Valkos -Sanctuary- 11:30am 	15	16 	17
18	19 Showcase Conestoga 9pm -Sanctuary-	20	21 Imaginus Poster Sale -Sanctuary- 	22  Student Forum	23 	24
25	26 Free Comedy 8pm -Sanctuary- 	27	28 	29 denim days dj showcase clothing sale Sanctuary 	30 	31